

<https://www.worksafebc.com/en/resources/health-safety/videos/youre-a-pro-falls-from-ladders?lang=en>

# Ladder Safety

## 29 CFR 1910. 23

## 29 CFR 1926.1053

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# What will we talk about today?

- Types of ladders.
- Safety rules for ladders.

What kind of ladders can we find  
in our workplaces?





# Step stools





# Stepladders





# Straight or extension ladders





# Fixed ladders to access roofs





# Fixed ladders to access manholes





# Fixed ladders to access equipment





# Fixed ladders on equipment





# Mobile ladder stands





How should I choose a ladder?



# Inspect ladder before you use it.

- Damaged ladders are labeled "Dangerous: Do Not Use" and removed from service



# Select the right ladder for the job.

- ▶ Non-metal side-rails when working around electricity



Keep at least 10 feet away from all power lines.



Choose a the ladder within its rated capacity.

WERNER PERFORMANCE SYSTEM

***Color Match for Ladder Performance.***

★  
**200** lbs.

★★  
**225** lbs.

★★★  
**250** lbs.

★★★★  
**300** lbs.

★★★★★  
**375** lbs.



The maximum intended load includes the employee and all tools, equipment, and materials

What do I need to know about setting up a ladder?





Set up the ladder with care.



On slippery surfaces, secure and stabilize your ladder.





Use stepladders only in open position.

- Lock spreader into place

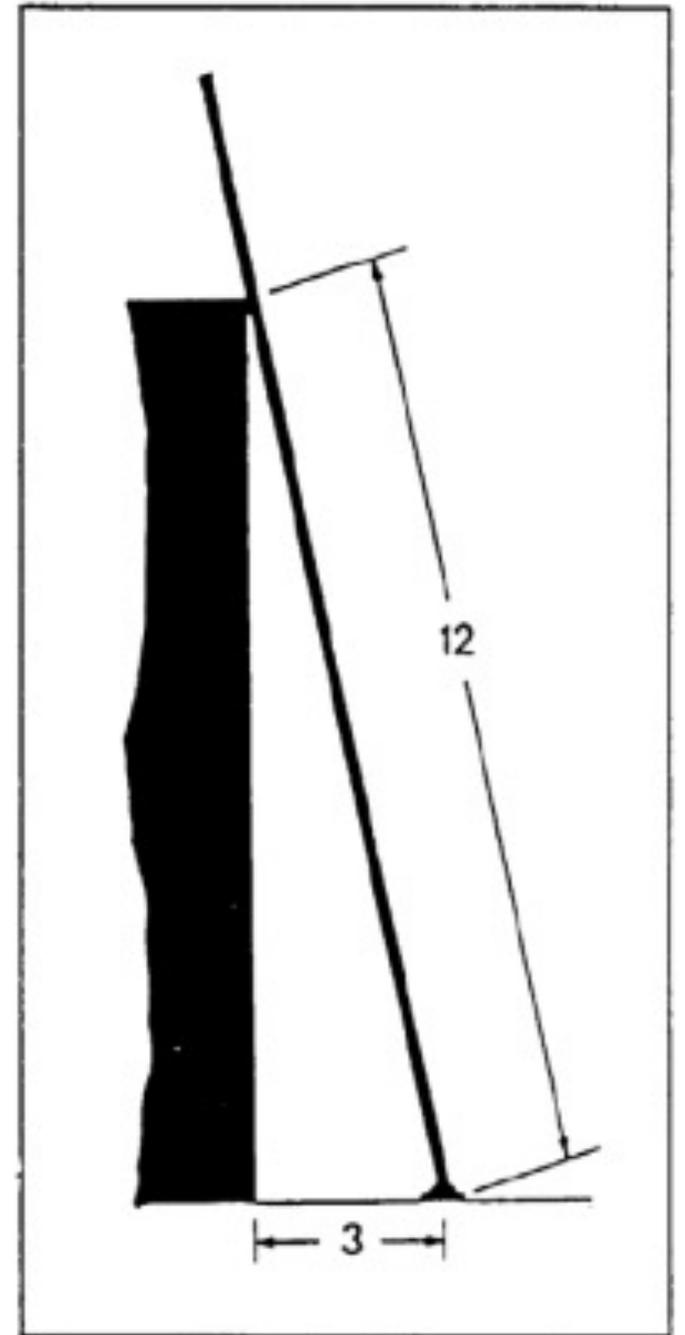




Place ladder on a clean slip free level surface.



Lean extension ladders  
correctly.





Do not place the ladder in front of doors unless the door is open, locked or guarded.



Ladder should extend at least 3 feet above edge.



- Do not step on top 4 rungs of extension ladder.
- Dry hands, shoes, rungs.



Put the ladder on a  
level surface



Put the ladder on a stable surface



# Tie off straight ladders.





Allow only one person  
on a ladder at a time.



Never move the ladder  
if you are on it

➤ Climb down and move ladder.



Never reach too far from  
the ladder.

► Keep your belt buckle within the side rails.



# Use 3 points of contact when climbing

- Carry necessary tools in a belt.
- Use a rope to raise heavier equipment.



Do not allow others to work under a ladder in use.

Keep ladders clean, dry.





Face ladder and hold on  
with both hands.

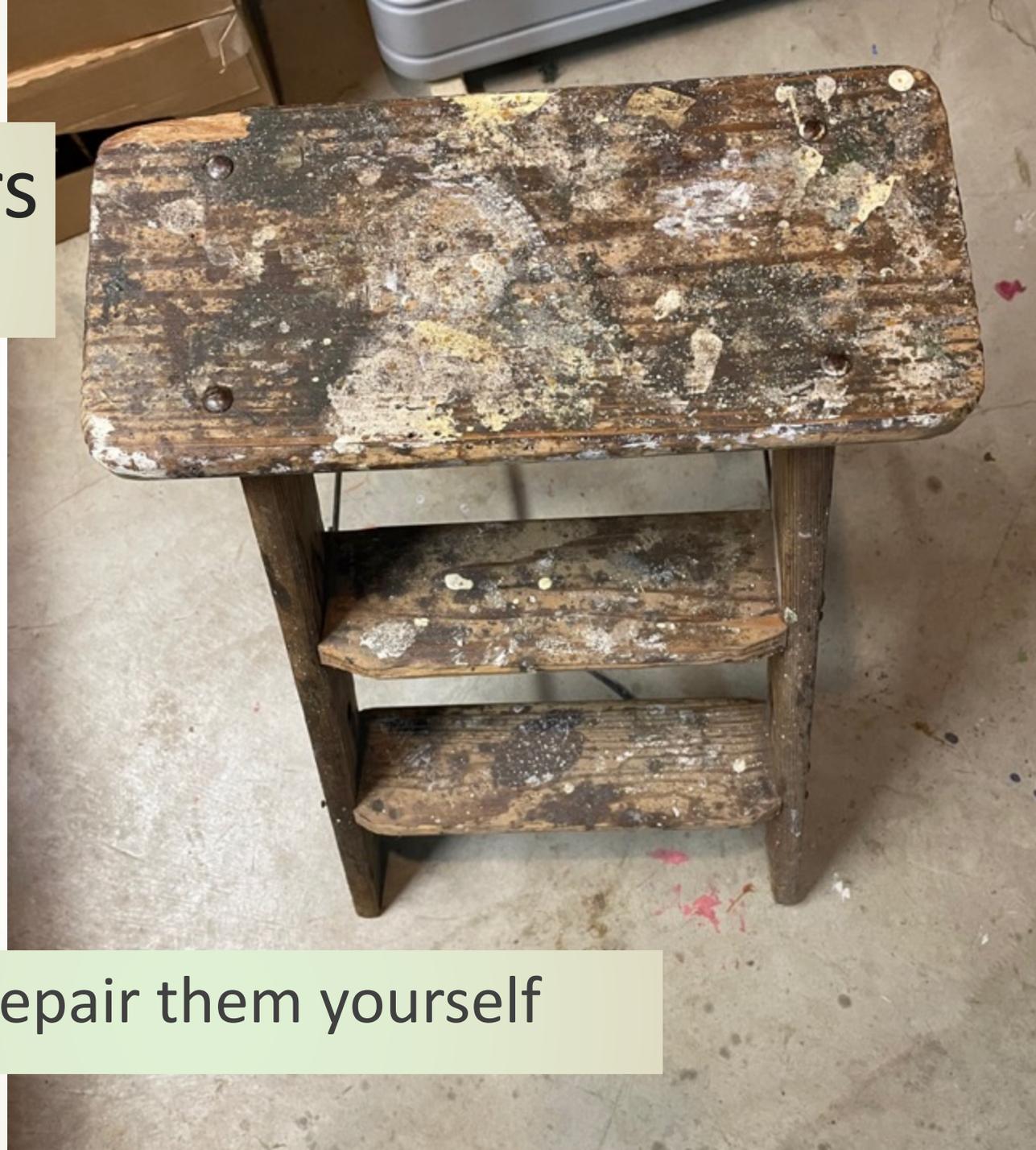
➤ Climb and descend ladders  
cautiously.

Don't stand on the top step or cap



➤ Except for footstools

# Don't paint ladders



➤ Don't repair them yourself

Now let's take a look at the criteria that some ladders have to meet...





# Step Stools

- Have a fixed height
- Do not exceed 32 inches in height to the top cap





## What about this one?

- Does it have a fixed height?
- Yes.
- Is it under 32 inches in height to the top cap?
- Yes. It's about 30 inches.





# Step Stools

- ▶ Worker can climb and stand on all of the steps and the top cap.





Can a worker climb and stand on all of the steps and the top cap?

► Yes





# Stepstools

- ▶ Steps are 8 to 12 inches apart
- ▶ Minimum clear width of 10.5 inches





Are the steps 8 to 12 inches apart?

➤ Yes. About 10 inches.





Is has a clear width at least 10.5 inches?

► Yes. About 14 inches.





# Step Stools

It can have side rails you can hold.

But no pail shelf.

- Do not have a pail shelf
- Side rails may extend above the top cap.





## Does it meet the basic criteria?

- ✓ Yes.
- ✓ It has no pail shelf.
- ✓ The side rails extend above the top cap.





So it is a shop-made  
step stool.





Now let's inspect  
it...





Is it used as  
designed?

➤ Yes.





Are the surfaces  
free of defects?

X Not sure.





Are the steps parallel,  
level, and uniformly  
spaced?

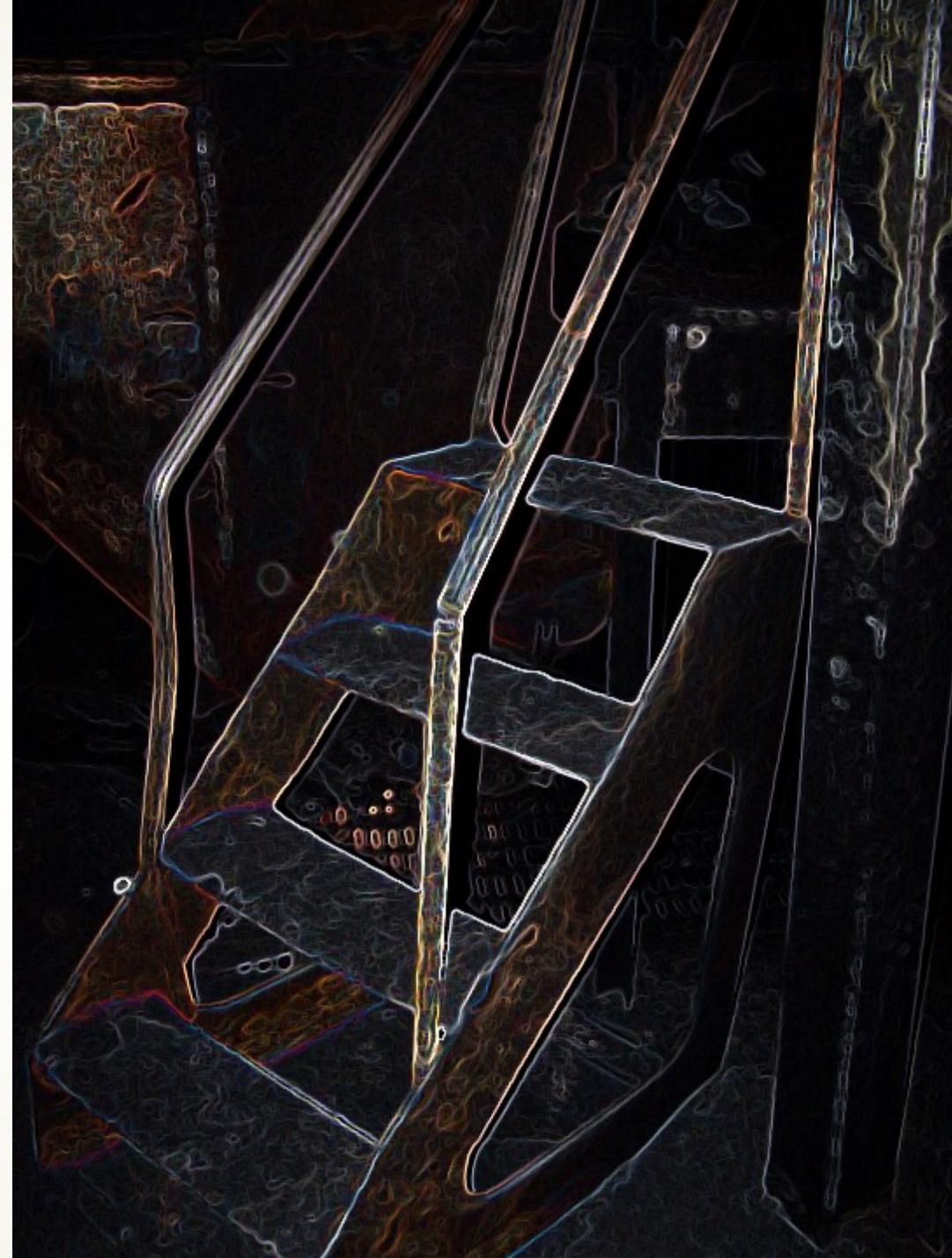
X Not sure





# Are the steps safe?

- ✓ No loose, broken or missing parts.
- ✗ No wet or slippery treads or rungs.
- ✗ Steps are clean and dry.



Now let's look at the criteria for straight  
(extension) ladders





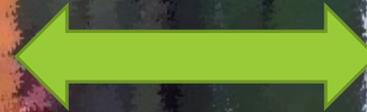
➤ Ladder rungs, are spaced 10 to 14 inches apart



10-14 inches



➤ The clearance between side rails is at least 11.5 inches.



At least 11.5 inches

A word about fixed ladders...





- Fixed ladders have a clearance of 16 inches between rails
- And 7 inches for your toes

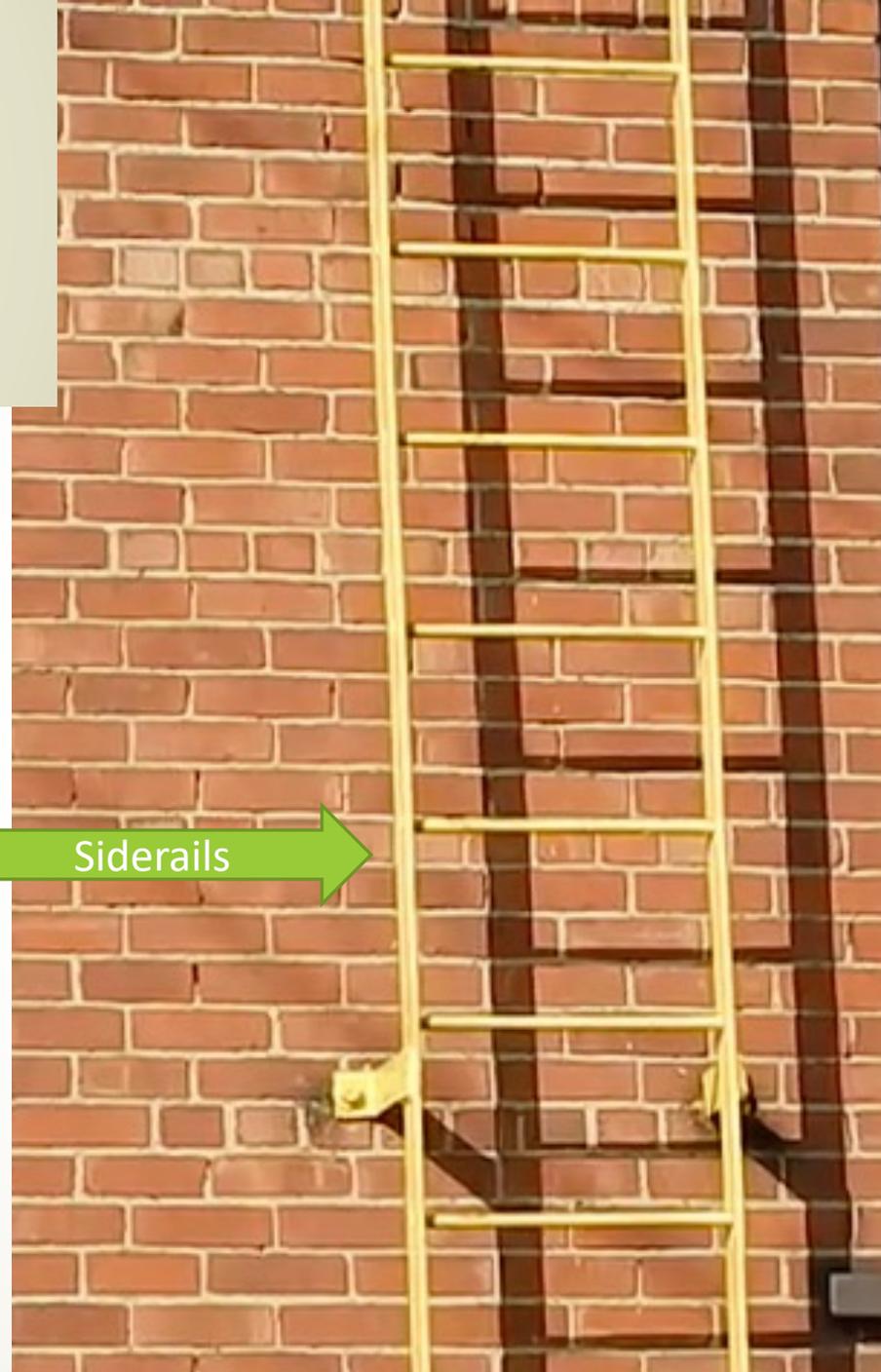




➤ Except for manholes;  
the width is 9 inches.



The steps must keep your feet from slipping off the side.



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Curved rung



- Metal ladders are made with corrosion-resistant material or protected against corrosion



What are some other safety rules for ladders?





- ▶ Don't coat wooden ladders with any material that may obscure structural defects or labels.





Use them properly.



# Store them properly

- Store ladders where they cannot be damaged.
- Store to prevent warping or sagging.
- Do not hang anything on stored ladders.



# Safe ladder use rules.

- Use the right ladder for the job
- Inspect the ladder
- Set-up the ladder properly
- Follow rules for climbing and using ladders
- Store it right.



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Thank you

